

Out of school hours and school holiday support

Reepham High School and College

Resources

[Anna Freud](#)

Supporting young people's mental health and wellbeing.

www.annafreud.org

Self-care Plan:  [my-self-care-plan-secondaryfe.pdf](#)

[Self-Care Resources For Young People | Anna Freud](#)



Anna Freud
building the mental
wellbeing of the
next generation

[Starting College or University \(autism.org.uk\)](#)

Guidance and support for young people and their families during transitions.

Help & Information



[Kooth - Home - Kooth](#)

Your online mental wellbeing community - Free, safe and anonymous support.

[Anxiety UK](#)

Working to relieve and support those living with anxiety disorders by providing information, support and understanding


www.anxietyuk.org.uk

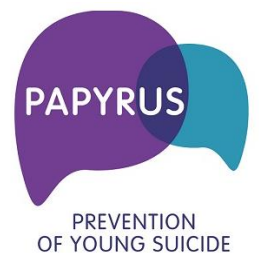
Helpline: 03444 775 774 (Mon-Fri 9.30am-5.30pm)

Text: 07537 416 905



[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Helpline: 0800 068 41 41 



[Beat](#)

The UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape

www.b-eat.co.uk

Helpline: 0808 801 0677

E-mail: help@beateatingdisorders.org.uk



Samaritans

Confidential support by phone and online -Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

www.samaritans.org

Telephone: 116 123

E-mail: jo@samaritans.org



CALM

Offering support to people in the UK, of any age, who are down or in crisis via our helpline and website

www.thecalmzone.net

Helpline: 0800 58 58 58 (5pm-Midnight everyday)



MIND

Providing advice and support to empower anyone experiencing a mental health problem; helping you to make choices about treatment, understand your rights or reach out to sources of support

[nature-and-mental-health-2021-pdf-for-download-pdf-version.pdf](#)



National: www.mind.org.uk [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

Text: 86463

Infoline: 0300 123 3393

E-mail: info@mind.org.uk

Great Yarmouth & Waveney: www.gywmind.org.uk

Telephone: 01493 842129

Norwich: www.norwichmind.org.uk

Telephone: 01603 432457

West Norfolk: www.westnorfolkmind.org.uk

Telephone: 01553 776966

Scope

Support, information and forums for people living with disabilities and their families

www.scope.org.uk

Freephone: 0808 800 3333

E-mail: helpline@scope.org.uk



[Young people | The Matthew Project](#) - Drug and Alcohol support



[Norfolk-wide support for young people who are affected by a family members drug/alcohol use.](#)

[Norfolk-wide support for young people who are worried that their own drug/alcohol use is having an impact on them or others.](#)

[Norfolk-wide support for 13-24 years olds facing barriers to education and/or employment](#)

SANE

Emotional support and information to anyone affected by mental health problems (including depression, anxiety and phobias) through a helpline, email and online Support Forum

www.sane.org.uk

Telephone: 0300 304 7000 (4pm-10pm everyday)



Nelson's Journey

Nelson's Journey is a charity dedicated to supporting bereaved children and young people throughout Norfolk.

www.nelsonsjourney.org.uk

Telephone: 01603 431788



[Cruse Bereavement Care](#)

Cruse Bereavement Care is there to support you after the death of someone close.

www.cruse.org.uk

Helpline: 0808 808 1677



[Mental Health Foundation](#)

The UK's leading mental health research, policy and service improvement charity

www.mentalhealth.org.uk



[Young Carers and Families Support Norfolk | Carers Matter](#)

The Young Carers Norfolk is a partnership between Voluntary Norfolk and the Benjamin Foundation. Together we have years of experience working with carers of all ages. Together we seek to provide support to young carers and their families as well as parent carers across Norfolk.



[Contact Information - Just One Norfolk](#)

[Children & Young People's Emotional Health](#)

For general health and wellbeing support

Norfolk Diabetes Patient Supporters

Norfolk Diabetes Patient Support is a helpline for anyone with diabetes who is based in the Central Norfolk Area. Run by people who also have diabetes the helpline is available for people who wish to talk about their condition.

Freephone: 0800 0320 087



[Norfolk Directory](#)

The Norfolk Directory aims to provide residents and families with information, advice, services and activities across Norfolk

www.norfolk.gov.uk/directory

[Young Minds](#)

The voice for young people's mental health and wellbeing, providing a range of services including a Parents Helpline

www.youngminds.org.uk

Parent Helpline: 0808 802 5544 (Mon-Fri 9.30am-4.00pm)

[CADS](#)

Children's advice and duty service. for concerns about welfare of a child 8am-8pm.

Helpline: 0344 800 8020

[POLICE](#)

Immediate concerns/emergency



[NHS 111](#)

Urgent mental health concern on 111



[JUST ONE NORFOLK](#)

For parents with concerns about their child's health, wellbeing or development - Just One Norfolk

<https://www.justonenorfolk.nhs.uk/>

